

# Grilled Hamburgers

Hamburgers on the grill, often beside steak, chicken, and hot dogs. Turkey or beef burgers grill equally well. If enough food is grilled at one time, it will fill the fridge with meals for a week. Most vegetables can be grilled easily in a grill safe aluminum pan or a foil packet. Baked beans, squash, and green beans are the easiest grill vegetables. Corn on the cob isn't as easy because it takes longer than the meat to cook. Sometimes, foil packets are placed directly on the coals. However, they can catch fire as grease, butter, or water drip out.

## Pre Cook Preparation:

Marinate: Optional, in barbecue sauce

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for when meal should be ready to eat, based on cooking method

## Meal Adaptations:

### Physical Accommodations:

Long oven mitts

Frozen or canned vegetables can be used

Sit on a stool while preparing food

### Visual Accommodations:

Contrasting colors and textures for pans and grill setup

## Potential Food Allergy or Intolerance:

Bacon Bits

Beef

Breads (gluten)

Eggs

Ketchup

Mayonnaise

Mushrooms

Mustard

Pepper

Spices

Sausage

Turkey

Onions

**Meatless Preparation Avoid:**

Bacon bits

Beef

Sausage

Turkey

Substitute with: \_\_\_\_\_

**Utensils:**

Mixing bowl

Wooden spoon

Pan:

Aluminum foil with holes, or

\* Aluminum foil packets

\* To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

**Ingredients:**

**Meat:** Choose 2 pounds of:

Beef burger, or

Turkey burger

1 to 2 eggs

Optional:

1/8 cup of bacon bits

1/2 pounds of sausage

**Vegetables:**

15 ounces of corn

15 ounces of baked beans

1/4 cup of onions

15 ounces of potatoes

15 ounces of squash

Optional:

4 ounces of mushrooms

**Other ingredients:**

Dash of salt

Spices such as pepper, to taste

**Preparation time:** 15 minutes. 30 minutes if making fries.

**Preparation:****Vegetables:****1. Slice:**

1/4 cup of onions

15 ounces of potatoes

15 ounces of squash

**2. Place vegetables in oven safe pans: \***

15 ounces of baked beans

15 ounces of corn

15 ounces of potatoes

15 ounces of squash

**3. Place in oven on 350 degrees for 1 hour.**

\* For the grill, place each vegetable individually in aluminum foil packets.

**Hamburgers:****1. Mix burger with:**

2 to 3 eggs

Dash of salt

**Optional:**

1/8 cup of bacon bits

4 ounces of mushrooms

1/4 cup of onions

1/2 pound of sausage

**2. Place burgers in grill safe aluminum foil pan.**

**Cook Temperature:** 350 degrees for oven

**Cook Time:**

Oven: 20 minutes

Grill: Until done

**Servings:** 6 to 8 burgers

**Storage Solutions: Square containers in individual servings with or without vegetables**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

**Add your microwave time here: \_\_\_\_\_.**

**Stove Top: Time and Temp may vary.**

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

**Add your stove time here: \_\_\_\_\_.**

**Oven Directions: Time and Temp may vary.**

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.**

**Add your oven time here: \_\_\_\_\_.**